

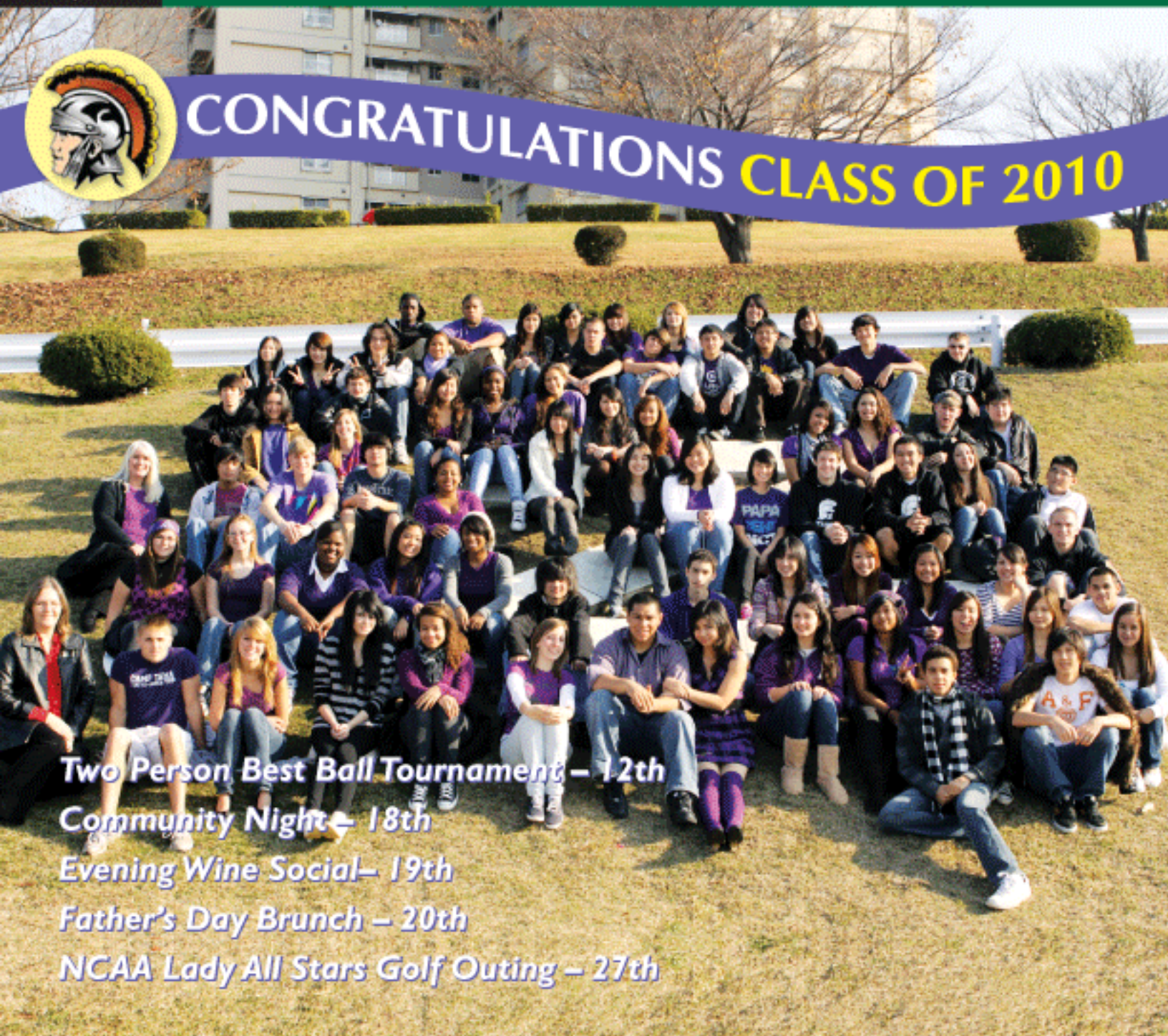


The best activities guide around!

**JUNE 2010**



**CONGRATULATIONS CLASS OF 2010**



*Two Person Best Ball Tournament – 12th*  
*Community Night – 18th*  
*Evening Wine Social – 19th*  
*Father's Day Brunch – 20th*  
*NCAA Lady All Stars Golf Outing – 27th*



# 2010 Independence Day

**SUNDAY, 4 JULY**

**1500 - 2100**

**AT CAMP ZAMA DEWEY PARK**

## ENTERTAINMENT SCHEDULE

1500 - 1510	Color Guard & National Anthem
1510 - 1515	Invocation
1515 - 1520	Welcome/Opening Remarks (CG/GC)
1520 - 1605	L'Attitude 35
1605 - 1630	DJ (Curtis Harmon)
1630 - 1715	USAR-J Rock Band
1715 - 1730	DJ (Curtis Harmon)
1730 - 1815	L'Attitude 35
1815 - 1830	DJ (Curtis Harmon)
1830 - 2000	Country Live Music
2000 - 2040	USAR-J Band
2040 - 2110	Fireworks

**FOR MORE INFORMATION,  
please call 263-5712  
263-8892**

## OTHER ACTIVITIES

1530 -	Start of Youth Programs:
	* Face Painting, Tattoos
	* Bouncy Castles, Inflatable Games
	* Youth Sports Games

## SHUTTLE BUS SCHEDULE

Pick-up	SGD School Bus Stop # 90-S10	1400	1600	1800
Drop-off	Camp Zama B# 704			
Pick-up	SHA Narita Bus Stop	1400	1600	1800
Drop-off	Camp Zama B# 704			
Pick-up	Camp Zama B# 704	2100		
Drop-off	SGD School Bus Stop # 90-S10			
Pick-up	Camp Zama B# 704	2100		
Drop-off	SHA Narita Bus Stop			







The U.S. Army Garrison, Japan (USAG-J), DMWR, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

DMWR strives to provide individuals with



disabilities reasonable accommodation, and are included in all

community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.

# ZAMA Community BUGLE

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### THIS MONTH'S COVER

The cover of the June Bugle edition represents the graduating senior class of 2010, Zama American High School. This will be the fifty second graduating class since 1959. There are 66 seniors scheduled to graduate. Of these, 39 are female and 26 are male. Examples of where students will be attending college are: Angelo State University, Art Institute of San Francisco, Brigham Young University, Calhoun Community College, Central Texas College, Central Washington University, Coastline University, Colorado State University, Delta Community College, Embry Riddle, Florida A & M, Lander University, Le Cordon Bleu, London College of Communications, Puget Sound University, Sophia University, State University of New York, Tarleton State University, Temple University, Texas A & M, Texas A & M at Corpus Christi, Texas Christian University, Texas Women's University, University of Anchorage, University of Hawaii, University of Irvine, University of Maryland, University of Washington at Seattle, University of West Alabama, Virginia Commonwealth University, The US Military Academy, and Western Washington University. Other students will be pursuing careers in the military.

**“See the Bugle for the advertisement”.**



N  
ote:

If you would like detailed information on any of our programs please check out our web site at [www.zamayouthcenter.org](http://www.zamayouthcenter.org).

## ■ Child, Youth and School Services

• 263-4500 [www.zamayouthcenter.org](http://www.zamayouthcenter.org)

### THE HOURS OF OPERATION FOR THE ZAMA YOUTH CENTER ARE:

Monday - Thursday . . . . .	1430 - 2000
Friday . . . . .	1430 - 2200
Saturday . . . . .	1300 - 2200
Sunday and Holidays . . . . .	Closed

### YOUTH CENTER

#### • High School Graduation

Saturday, 12 June, 2 pm. Congratulations to Zama American High School seniors. Come show your support for Zama American High School graduates as they receive their high school diplomas at Harmony Hall.

#### • Project Graduation

This event is for graduating seniors of Zama American High School. The Zama Youth Center, plus dedicated parents and MWR, are putting together a night for all seniors to remember. Sign up and have a chance to win some great prizes to help you get ready for college or join the career world. This will give seniors a chance to say goodbye to all their friends and celebrate the end of high school. For more information, call 263-3241.

#### • Youth Book of Records

On 17 June, 3 pm, the youth center will have different events to challenge you. At the end of the year your record, as well as your picture, will grace the glossy Zama Book of Records next to the Yano Fitness Center's Book of Records. Various challenges include 3 point shoot out, consecutive free throws, hula hoop spins, pogo stick jumps, Wii home run and many others.

**\$45** includes meal coupon




**FUJIKYU HIGHLAND**

Summer vacation is in full swing and the youth center is ready to help you have some fun. Join us as we head to Fujikyū Highland amusement park for heart thumping thrills and chills.

Wednesday, 23 June, 7 am - 7 pm  
Deadline for sign up is 16 June.

End of School **B.B.Q.** Book of Records Thursday 17 June, 3 - 6 pm



Attention TEENS! Let us help you end the school year with a bang. The youth center is throwing a party just for you. This is also your last chance prior to summer vacation to break some of those Book of Record challenges. So, stop by to say goodbye to your friends for the summer and find out what great programs are available for you during the summer. For more information, phone 263-4500.



• **Paintball at Ikego**

Teens, are you ready for paintball? Well, look no further because the youth center is taking its members to Ikego for a full afternoon of paintball. The cost is \$30, and we must have 10 people signed up by June 18.

Club Tech, Keystone Club and Torch Club; be a part of something special! Join a Club.

**TECH LAB**

• **Web Design and Development**

Ever wonder how dynamic websites are made? Have an interest in expressing art through digital design? Join us on Monday, 7 and 14 June, 3 pm, for our first two installments into designing and developing websites. Learn real life professional skills.

• **Tech Skill Builder Fridays**

Are you interested in technology or just looking to improve your computer skills? Well, come join the Youth Center's Tech Skill Builder

sessions every Friday in June. Learn to use Microsoft Office, improve your knowledge of your computer, the internet or learn to troubleshoot

common computer problems. Please check out the calendar on our website for specific event days: <http://www.zamayouthcenter.org>.




**ANIME STUDIO PRO** ..... YOUTH CENTER TECH LAB

• **Introduction to Anime Production**  
Do you love watching anime? Do you have ideas you think will make good anime? On Monday, 21 June, the Camp Zama Youth Center will begin an introduction to anime production. Come by and learn the basics using Anime Studio Pro 6 software.

• **Field Trip**  
Monday, 28 June, join us for a field trip to Ghibli Studio Museum (makers of the first anime to win an Academy, Spirited Award). The activity starts at 2 pm on 21 June; the field trip will be 9 am - 6 pm.

**For more information, please call 263-4500**



**Field Trip to DISNEY SEA** 30 June, 6 am - 8 pm

- The cost is \$55 which includes admission, a meal coupon, and transportation
- Deadline to register is 23 June
- Must have at least 15 youths

**For more information, 263-4500**

“See the Bugle for the advertisement”.

## ZAMA CHILD DEVELOPMENT CENTERS, 263-4992

### • Mrs. Letters

Wednesday, 2 June, 9 - 10 am

• **Create Your Famous Dish w/Parents** (Multi-cultural activity)

Friday, 4 June 3 pm

• **Army Ball Care**

Friday, 4 June, 5 - 11:30 pm

• **Inside / Out Day**

Monday, 7 June

• **Library Time (Zama)**

Tuesday, 8 June, 10 - 11 am

• **Mrs. Letters**

Wednesday, 9 June, 9 - 10 am

• **Zama CDC Art Gallery**

(Infant, Toddler and Preschool)

Friday, 11 June

• **Mrs. Letters**

Wednesday, 16 June, 9 - 10 am

• **PAC Meeting (Zama)**

Thursday, 17 June, 11:30 - 12:30 pm

• **Build a Tool Box** (Father's Day activity)

Friday, 18 June, 3 pm

• **Tye Dying T-shirts with Parent** (Family Project), Monday, 21 June

• **Library Time (Zama)**

Tuesday, 22 June, 10 - 11 am

• **Mrs. Letters**

Wednesday, 23 June, 9 - 10 am

• **Fruit Smoothies**

Friday, 25 June, 3 pm

• **Rainbow Quilt Activity (all day)**

Tuesday, 29 June

• **Zama CDC Community Parade**

Wednesday, 30 June, 3 pm

## SHA CHILD DEVELOPMENT CENTERS, 267-6348

### "Character Counts Month"

• **1 June**, Wear Yellow (Respect)

• **2 June**, Mismatch Sock Day

• **3 June**, Hat Day

• **4 June**, Wear Red (Caring)

• **7 June**, Wear Blue (Trustworthiness)

• **8 June**, Crazy Hair Day

• **9 June**, Read to Me Day

• **10 June**, Sack Race

• **11 June**, Wear Purple (Citizenship)

• **14 June**, Wear Blue (Trustworthiness) / Army Birthday

• **15 June**, Face Painting

• **16 June**, Library Day

• **17 June**, Make Parents Day Cards (Breakfast with parents)

• **18 June**, Wear Orange (Fairness)

• **21 June**, Wear Yellow (Respect)

• **22 June**, Pajama Day

• **23 June**, Library Day

• **24 June**, Ice Cream Cones Day

• **25 June**, Wear Green (Responsibility)

• **28 June**, Wear Red (Caring)

• **29 June**, Lunch time picnic

• **30 June**, Wear Purple (Citizenship)

"See the Bugle for the advertisement".

Paid Advertisements

“See the Bugle for the advertisement”.



## VOLUNTEER COACHES

The #1 priority in providing a great youth sports program is our volunteer coaches - people just like YOU. We need you in order to provide a great experience for the youths in our community. If you're interested, please contact us at 263-5437. In addition, more information and an application are on our website: [www.zamayouthsports.org](http://www.zamayouthsports.org). As soon as we receive your application, we will process all required documents and schedule you for a coach's class to be certified to coach youth. Upcoming sports coaches are needed for: dodgeball 7 - 10 and 11 - 15 age groups and basketball; 9 - 10, 11 - 12, 13- 15 (boys) and 9 - 11 and 12 - 15 girls age groups.

## SPORTS PHYSICAL

AR 608-10 requires all youth participating in youth sports programs to complete annual sports physicals and provide a copy as part of their registration. All registrations are completed at the CYS Parent Central Services located in Bldg 533, Camp Zama. To help, CER staff is

making contact with Families 30 days prior to expiration of youth sports physicals to allow parents time to schedule a current youth sports physical. Please note that appointments at BG Crawford R. Sams Clinic may be limited as the result of so many renewing their youth sports physical.

## REGISTRATION

Do you want to participate in a youth sports program or clinic?

It all begins with a visit to Parent Central Services located in Bldg 533, Camp Zama (behind the PX). They'll provide you with the appropriate registration paperwork and collect any fees necessary. Please ensure your child's sports physical is current before you register.

If you have questions or recommendations concerning our programs, please call us at 263-5437/4066 or visit our website at [www.zamayouthsports.org](http://www.zamayouthsports.org).



# SUMMER SOCCER

Signups began May 3 - 18 June

Teams will be divided by age groups:

- 5 - 6 (co-ed)
- 7 - 8 (co-ed)
- 9 - 10 (boys)
- 11 - 12 (boys)
- 13 - 15 (boys)

Girls age groups:  
9 - 11 and 12 - 15.

Teams will play 3v3, 4v4 etc. depending on size of teams.

... YOUTH SPORTS AND CAMP ZAMA GOLF COURSE ...

# 2010 Junior Golf Registration

JUNIOR CLINIC					
Cost	One Clinic		\$45		
	Both Clinics		\$80		
Clinic #1	Mon-Thu	21-24 June	8:00-9:30 10:00-11:30	Age 6-9 Age 10 & Above	
Clinic #2	Mon-Thu	12-15 July	8:00-9:30 10:00-11:30	Age 6-9 Age 10 & Above	

SESSION PLAY				
Session #1	Fri	25 June	16:00-17:30	
	Wed	30 June	16:00-17:30	
Session #2	Fri	16 July	16:00-17:30	
	Wed	21 July	16:00-17:30	

JUNIOR CHAMPIONSHIP			
Luncheon and Awards Ceremony to follow! Open to participants of both clinics!			
	Fri	23 July	7:30-10:00



High Five!!!



For more information: Please contact  
(Youth Sports) Robert Santana, 263-5437 / [robert.santana@us.army.mil](mailto:robert.santana@us.army.mil)  
(Golf) Dale Jorgenson, 263-3694 / [dale.jorgenson@us.army.mil](mailto:dale.jorgenson@us.army.mil)

“See the Bugle for the advertisement”.



LUNCHES	LUNCHES	DINNER SPECIALS
<b>MONDAY</b> 7 Pork Ginger and Karaage 14 Roasted Turkey 21 Garlic Chicken Saute 28 Chicken Cutlet <b>TUESDAY</b> 1 Ankake Fried Rice and Gyoza 8 Sweet and Sour Pork w/Egg Foo Young 15 Chicken Tempura 22 Hamburger Steak (10 oz) 29 Taco Rice <b>WEDNESDAY</b> 2 Steak Don 9 Hamburger Steak and Fried Shrimp 16 Fried Rice, Yakisoba and Karaage 23 Fried Shrimp w/Curry Sauce	30 Lasagna w/Garlic Bread <b>THURSDAY</b> (All-U-Can Eat) 3 American Buffet 10 Italian Buffet 17 Mexican Buffet 24 Oriental Buffet <b>FRIDAY</b> 4 Salmon Saute w/Soy and Butter Sauce 11 Yakiniiku and Curry Rice 18 Fried Shrimp and Fried Salmon 25 Seafood Rice Gratin w/Garlic Bread <b>DINNER SPECIALS</b> <b>TUESDAY NIGHT (LIMITED MENU/DINNER SPECIAL - \$8.50)</b> 1 Mexican Dinner	8 BBQ Dinner 15 Pizza and Pasta Dinner 22 Regular Menu 29 Regular Menu <b>WEDNESDAY NIGHT</b> Family night movies for adults and youths 2, 9, 16, 23 and 30 June, regular dinner menu. Choose your discount. <b>THURSDAY NIGHT (CHEF'S SPECIAL DINNER)</b> 3 French Dinner (\$20) 10 Chinese Dinner (\$20) 17 Prime Rib Dinner (\$20) 24 Regular Menu <b>FRIDAY NIGHT</b> Mongolian BBQ on 11 and 25 June, enjoy the best Mongolian BBQ in town!!! Also, on 4 and 18 June, we offer the regular dinner menu.

## ■ **Zama Bowling Center** • 263-4780

### THIS MONTH'S SCHEDULE

#### • *King of the Hill*

Sunday, 6 June, 11 am - 6 pm.

#### • *No Tap Tournament*

Sunday, 20 June, 11:30 am - 2 pm.

#### • *End of School Year Party*

Saturday, 26 June, 7 - 10 pm. Door

prizes, free snacks, and Cosmic bowling. Bring your own CD (PG rated).

• *Thursday, "Family Time"*: free bowling.



# Cake Catering Service

CAMP ZAMA COMMUNITY CLUB

## CAKES FOR ALL OCCASIONS

12" ROUND CAKE (APPROXIMATELY 25 PCS.) \$35	<b>*CANCELLATION POLICY</b> -ORDERS CANCELLED 24 HOURS PRIOR TO PICK UP WILL RESULT IN 50% CHARGE -ORDERS CANCELLED 12 HOURS PRIOR TO PICK UP WILL RESULT IN A 75% CHARGE -ORDERS CANCELLED LESS THAN 12 HOURS PRIOR TO PICK UP WILL BE CHARGED IN FULL
18" ROUND CAKE (APPROXIMATELY 50 PCS.) \$55	
HALF SHEET CAKE (APPROXIMATELY 35 PCS.) \$40	
FULL SHEET CAKE (APPROXIMATELY 75 PCS.) \$60	

\*CAKE DESIGN (PICTURE/PHOTO/DRAWING) ADDITIONAL \$15

## TO ORDER CALL 263-4204 (TUESDAY-FRIDAY 9:30 AM-5:30 PM)

\*CAKE MUST BE ORDERED 48 HOURS IN ADVANCE \*CONTRACT REQUIRED




# T

he Catering Office is open Tuesday, Thursday and Friday, 9:30 am - 5:30 pm, plus it is open on Wednesdays by appointment only. For additional information and assistance, please phone 263-4204.

**CZCC**  
**BINGO**  
*Night*  
**Every Thursday Night!**

Cards on sale starting: 6 pm  
 Early Bird Game starts: 6:45 pm  
 Regular Game starts: 7 pm.

FOR MORE INFORMATION, PLEASE  
 CALL 2 6 3 - 4 5 4 7



## ■ Camp Zama Community Club

• 263-4547

### FIRELITE LOUNGE

#### • Hip Hop Music w/DJ

On Friday Night, 4, 18 and 25 June, "Hip Hop music w/DJ" in the Firelite playing your favorite Hip Hop artist songs from 10 pm - 3 am.

#### • Latino Night

Friday, 11 June, 10 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

#### • Country Music with DJ

On Saturday night, 5 and 12 June, 8 pm - 2:30 am in the Firelite Lounge, hear your favorite country artist songs. On the 2nd and 4th Wednesday, enjoy free line dance instruction from 8 - 9:30 pm.

#### • Old School Night

Saturday, 19 June, 8 pm - 2:30 am, playing your favorite 60's, 70's, 80's and 90's artist songs.

#### • Latino Night

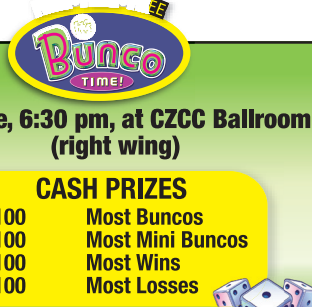
Saturday, 26 June, 9 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

**BUNCO**  
 TIME!

**11 June, 6:30 pm, at CZCC Ballroom (right wing)**

**CASH PRIZES**

\$100	Most Buncos
\$100	Most Mini Buncos
\$100	Most Wins
\$100	Most Losses



### LUNCH

#### Sunday Brunch (10 am - 1:30 pm):

Adults: \$12.95  
 Youths 8 - 12: \$6.95  
 Youths 4 - 7: \$3.95  
 3 and under: Free

#### Tuesday: (Rotisserie Chicken, Katsu Don and vegetable of the day)

- 1 Chicken Fried Steak w/Country Gravy
- 8 Hawaiian Chicken
- 15 Chicken Diablo
- 22 Santa Fe Chicken w/Picante Sauce
- 29 Lemon Pepper Herbed Chicken

#### Wednesday: (Rotisserie Chicken, Chicken Don and vegetable of the day)

- 2 Marbou Nasu
- 9 Veal Parmesan
- 16 Pork Cordon Bleu
- 23 Hamburger Steak w/Demiglaze
- 30 Sauteed Pork Siciliana

#### Thursday: (Rotisserie Chicken and vegetable of the day)

- 3 • Chinese Fried Chicken Vinegar Soy Sauce
- Spaghetti Napolitan
- 10 • Pork Cutlet w/Curry Sauce
- Penne Arrabiata
- 17 • Thai Green Curry
- Blackened Chicken w/Alfredo Pasta
- 24 • Omurice on Hayashi Sauce

**SATURDAY 12 JUNE 2 PM CZCC BALLROOM**

Tickets purchased by 8 June \$40, After 8 June \$50  
 Includes non-alcoholic drinks and prizes  
 Prizes will be based on the number of players  
 Sign up at CZCC Cashier's Window  
 Adults Only

**CAMP ZAMA COMMUNITY CLUB 2 6 3 - 4 5 4 7**

**THAT TEXAS HOLD'EM TOURNAMENT**





## LUNCH

• Spaghetti w/Meat Sauce  
**Friday "Lunch Buffet"** (soup and vegetable of the day, \$7.95)

- 4 • Baked Meat Loaf
- Baked Herbed Chicken
- Meat Doria
- Mashed Potatoes w/Gravy
- 11 • Sweet Sour Chicken
- Vegetable Bifun
- Fried Rice / White Rice
- 18 • Chicken Enchiladas
- Beef Tacos
- Mexican Rice
- Burritos
- Mexican Corn
- 25 • Beef Curry
- Yakisoba
- White Rice



## DINNER MENU

**Sunday** (limited menu) 5 - 9 pm  
 "2 for 1 Steak Night"

(no take out)

Includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights.

20 Father's Day Brunch

**Monday** - Closed

**Tuesday** (5 - 9 pm)

2 meals for \$15 and limited menu. Theme menu, such as American, Chinese, Japanese, Korean, Mexican, Italian etc. Menu will change every week. Included w/soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered. (no take out).

**Wednesday** (5 - 9 pm)

- Mongolian BBQ (\$0.75 oz)
- Limited menu

Reservations: Please call 263-4547

## DINNER MENU

before 3 pm.

**Thursday** (5 - 9 pm)

- "All You Can Eat Pizza, Pasta, Soup and Salad Bar"

(no take out)

Adults: \$10.95

Youths 4 - 12: \$5.95

Under 3 years old: Free

- Regular menu

**Friday "Chef's Special"** (5 - 9 pm)

Regular Menu

18 Community Night

**Saturday** (5 - 9 pm)

- Regular Menu
- Prime Rib Dinner
- Prime Rib and Shrimp Scampi

11 Bunco Night

12 Texas Hold'em

19 Wine Social

Our regular menu will be offered in addition to the above specials on Saturday night.



# F

or the June  
Payday Scramble MWR  
COMMERCIAL  
SPONSORSHIP and the  
ZAMA GOLF COURSE STAFF  
thank our sponsor, RED  
BULL, for supporting our  
community and this event.

## Red Bull



■ **Camp Zama Golf Club • 263-3694**  
<http://www.usarj.army.mil/information/mwr/business/golf/>

### Mark Your Calendars!

2 Person Best Ball - - - - -	12 June
Individual Stroke Play - - - - -	10 July
Payday Scramble - - - - -	30 July
2 Person Best Ball - - - - -	21 August
Club Championship - - - - -	11 - 12 September
Zama Open - - - - -	16 - 17 October



### PAYDAY SCRAMBLE

Friday, 4 June, 11:30 am, shotgun start. FREE! MWR is paying the \$15 entry fee and green fees for non-members. MLC/IHA pay ¥5,000 and JGSDF pay ¥3,000. Sign up on line at <http://www.mwrjapan.jp.pac.army.mil/information/mwr/business/golf/>.

### TOMODACHI DAYS ARE AS FOLLOWS:

7 June - Monday  
18 June - Friday  
25 June - Friday  
28 June - Monday

Your Japanese guests (max 3 guests per person) can play with you for the low fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

### NICHIBEI FRIENDSHIP TOURNAMENT

Wednesday, 2 June, shotgun start at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for nonmembers.



**JR. GOLF INSTRUCTION**  
*with Mike Sul, PGA*  
Every Monday from 1600-1700  
Started on 1 March  
Cost: \$10  
Sign-up at the Pro Shop NLT the Sunday prior  
Need at least 2 students to conduct the class  
FOR MORE INFORMATION CONTACT MICHAEL SUL AT  
263-4975 OR EMAIL MICHAEL.SUL@US.ARMY.MIL



Archer, Lauren  
OR State Univ.



Blum, Rachel  
Princeton Univ.



Boles, Cassie • Yale Univ.



Boonnopornkul, Lalita  
UCLA



Gibson, Alex  
TX Tech Univ.

## NCAA LADY ALL STARS GOLF OUTING



Orvik, Cecilia • IN Univ.



Podmore, Natasha  
Univ. of SF



Sills, Avery • Univ. of OR



Stelzmler, Chelsea  
Univ. of CA Davis



Watson, Rebecca  
Univ. of TN

Sunday 27 June, 7:30 shotgun start. Entry fee is \$15 and includes golf cart, Continental breakfast, lunch and prizes. A separate skins game will also be held. Sign up in the Zama Pro Shop. For more information, phone 263-3694.



## LUNCH

### **Mondays** (*a Little Taste of ASIA*)

- 7 Tonkatsu
- 14 Beef and Broccoli
- 21 Pork Yakisoba
- 28 Teriyaki Chicken

### **Tuesdays** (*BBQ Day*)

- 1 Pork Brochetas
- 8 BBQ Chicken Sandwich
- 15 BBQ Beef Wrap
- 22 BBQ Ribs
- 29 BBQ Beef Sandwich

### **Wednesdays** (*Dia Italiano*)

- 2 Fettuccine Alfredo
- 9 Mediterranean Chicken Pasta
- 16 Veggie Pasta w/Garlic Bread
- 23 Chicken Parmigiana Served w/Spaghetti
- 30 San Francisco Pasta

### **Thursdays** (*South of the Border*)

- 3 Chicken Tostada
- 10 Beef Fajita Served w/Fresh Tortillas
- 17 Chicken Enchiladas
- 24 Tequila Margarita Chicken

### **Fridays** (*From the Ocean*)

- 4 Baja Fish Tacos
- 11 Blackened Salmon Served w/White Rice and

## LUNCH

- Vegetables
  - 18 Beer Batter Fish Filets
  - 25 Garlic Shrimp Pasta
- Saturdays** (5, 12, 19 and 26 June, no daily lunch special)
- Sundays** (*Overseas*)

## LUNCH

- 6 Tacos de Carne Asada w/Green Salsa
- 13 Rottisserie Chicken
- 20 Moroccan Chicken
- 27 Lasagna Served w/Garlic Bread

CAMP ZAMA GOLF CLUB 263-3694

# LEARN TO GOLF ADULT CLASSES

Includes: - Five 90 Minute Group Lessons  
Four On The Range And  
One On The Golf Course, - Plus Four 9 Hole  
Rounds Of Golf,  
- Clubs And Balls Provided.

**SIGN UP NOW  
IN THE GOLF SHOP**

**INSTRUCTOR: DALE JORGENSEN, DIRECTOR OF GOLF 263-3694, EMAIL AT DALE.JORGENSEN@ZAMA.ARMY.MIL**

**WHEN: THURSDAYS, 1600-1730 HOURS AT CAMP ZAMA GOLF CLUB DRIVING RANGE (PAST GATE 7)**

**COST: \$99 PER PERSON, MINIMUM 5-MAXIMUM 8 STUDENTS**

**SESSION #4 - July 8th, 15th, 22nd, 29th, and August 5th**

**SESSION #5 - August 19th, 26th, Sept 2nd, 9th and 16th**

**SESSION #6 - Sept 30th, October 7th, 14th, 21st and 28th**

**INSTRUCTOR: MIKE SUL, ASSISTANT GOLF PROFESSIONAL 263-4975, EMAIL AT MICHAEL.SUL@US.ARMY.MIL**

**WHEN: TUESDAYS, 1600-1730 HOURS AT CAMP ZAMA GOLF CLUB DRIVING RANGE (PAST GATE 7)**

**COST: \$89 PER PERSON, MINIMUM 6-MAXIMUM 8 STUDENTS**

**SESSION #4 - Jun 15th, 22nd, 29th, July 6th and 13th**

**SESSION #5 - July 27th, Aug 3rd, 10th, 17th and 24th**

**SESSION #6 - Sept 7th, 14th, 21st, 28th, and Oct 5th**

**SESSION #7 - Oct 19th, 26th, Nov 2nd, 9th, and 16th**

**ELIGIBILITY: OPEN TO SOFA STATUS PERSONNEL, MLC, IHA, HPT AND JGSDF ONLY**

# WINNERS OF THE 2010 MASTERS

Left to right: Masato Abe (*Men's Open Division - 151*), Mike Haney (*Men's Member Division - 159*), Nana Michimoto (*Ladies Member Division - 186*) and Ann Rourke (*Ladies Open Division - 190*).

**S**AS "Before and After School" Program. Are you looking for a place where your children can join other children in a fun learning environment? Then, join the School Age Services "Before and After School" Program.

## ■ School Age Services • 267-6013

### ... SAS Program Hours ...

Regular	Monday - Friday	0630 - 0830 and 1500 - 1800
Early Care	Monday - Friday	0530 - 0630
Half Day School		0530 - 0830 and 1200 - 1800
No School Day		0630 - 1800
Before / After Program Hours		0530 - 0830 and 1500 - 1800

### SCHOOL AGE SERVICES OFFERED THROUGHOUT THE YEAR

School Age Services (SAS) supplements the school schedule with a wide variety of after school activities for youths 1st - 6th grade. SAS offers care for "Before and After" school, Hourly Care Open Recreation Program, School Day Out and a Summer Camp Program. The Before and After School program has options for before school only or after school only. Each of these options entitles

program participants to full day care services during out of school periods, excluding federal holidays during the school year. Additionally, separate SAS Camps are operated during winter and spring breaks for those patrons who normally do not require daily before and after school care. During the summer months, SAS operates a full day camp program over eleven, one-week sessions.

### PARENT'S ADVISORY COUNCIL (PAC) MEETING

Parents, come and support the "Parent's Advisory Council (PAC)" meeting. The PAC meeting is an opportunity for parents to provide input and have questions and concerns addressed. We meet every third Thursday each month in Bldg 337 (SHA) at 4:45 pm. Child care is provided. Per request of the parents at the meeting on 18 March, PAC meeting times were changed from 11:30 - 12:30 pm back to 4:45 pm. The last meeting for this school year will be held on 17 June. Parent Advisory Meetings will resume on 21 October 2010.

### ... SAS JUNE EVENTS ...

SAS June Theme: "**Summer Fun 2010**" • Character Counts: **Fairness**

• Tuesday	1	1530 - 1630	International Children's Day
• Friday	4	1530 - 1630	World Environment Day
• Tuesday	8	1530 - 1630	Bike Safety Summer Tips
• Tuesday	15	1530 - 1630	Safety Summer Tips (Guest Speaker)
• Thursday	17	1645 - 1730	Parent Advisory Meeting (SHA SAS Bldg 337)
• Friday	18	0900 - 1600	BBQ (End of School Celebration)
		1000 - 1630	4H Club Recognition, Carnival
			SAS Summer Camp Open House
• Monday	21		First Day of the SAS Summer Camp 2010
• Tuesday	22	0730 - 1730	Field Trip to DisneySea (Summer Camp)
• Thursday	24	0830 - 1630	Field Trip to Kasai Pinkai Koen Aquarium (Summer Camp)
• Tuesday	29	0830 - 1630	Field Trip to Kanazawa Zoo (Summer Camp)

## SAS PROGRAMS OFFERED

School Age Services (SAS) offers care for Before and After School with options for before school only or after school only.

- Full day care on school out days
- Winter/Spring/Summer Camps
- Funastic Adventure for a day
- Half a day escapade
- Creative play



**"Super-Saturdays":** Free Open Recreation activities every second and fourth Saturday for the community from 1 - 6 pm. All events guarantee fun for your children.

**"Funastic Adventure Day":** School Age Services will provide a day of adventure for your children on school out days from 8 am - 5 pm. Cost is \$25 per day.

**"Half a Day Escapade":** School Age Services will provide care for your children on early release days from noon - 6 pm. Cost \$15 per day.

**"Creative Play"** (occasional/hourly care): SAS will provide 12 hours of hourly care per month. Reservations must be made in advance. Cost is \$3 per hour.

- Breakfast, lunch and PM snacks served
- Activities include 4H clubs and BGCA activities, computer and homework lab, art activities, field trips, etc.
- All children must be CYS registered members.



To register your child or for more information, please stop by the Parent Central Services in Bldg 533 on Camp Zama, or call 263-4125 or SAS at 267-6013.





# SUMMER

# Programs

All children must be CYSS registered members  
To register your child or for more information, please stop by the CYSS Parents Central Services Office in Bldg 533 on Camp Zama, or call 263-4125 or SAS at 267-6013.

## I. SAS Summer Camp 2010 (21 June - 20 August)

Presenting "Camp Adventure Camp Counselors"  
Time: 0530 - 1800  
Day: Monday - Friday  
Place: SHA SAS Building S-337  
Cost: Determined by rank

## II. Camp Zama Specialty Camp

Date: Monday, Wednesday and Friday between 21 June - 20 August  
Time: 0830 - 1130  
Day: Monday, Wednesday, and Friday  
Place: SHA SAS Building S-337  
Cost: \$50 per week  
Meals and transportation are not included

Week 1.	Technology Camp	June	21, 23 and 25
Week 2.	Sewing Camp	June	28, 30 and 1 July
Week 3.	Salsa Dance Camp	July	7 and 9
Week 4.	Japanese Camp	July	12, 14 and 16
Week 5.	Origami Camp	July	19, 21 and 23
Week 6.	Spanish Camp	July	26, 28 and 30
Week 7.	Photography Camp	August	2, 4, and 6
Week 8.	Arts and Crafts Camp	August	9, 11 and 13
Week 9.	Science Camp	August	16, 18 and 20
Week 10.	Cooking Camp	August	23, 25 and 27

## III. School Age Adventure Days

Cost is \$30 per child  
Meals and transportation included  
Limit 15 children

### Tuesdays

22	June	DisneySea
29	June	Kanazawa Zoo
6	July	Tokyo Disneyland
13	July	Yokohama Sea Paradise
20	July	Hakone Kowakien
27	July	Tama Zoo
3	August	Fujikyu Highland
10	August	Yomiuri Land
17	August	Summerland

### Thursdays

24	June	Kasai Rinkai Aquarium
1	July	100 Yen Store / Green Wave Park
8	July	Hiratsuka Park
15	July	Nogeyama Zoo
22	July	Children's Land
29	July	Wanpaku Land
5	August	Yokohama Science Museum
12	August	Hiratsuka Park
19	August	Ueno Zoo







*Open 24 hours / 7 days a week.*

# NEW UPGRADES AT ZAMA LODGING



*Article and Photo by:  
Mr. Mark Akita, Zama*

lobby there is now a new Continental Breakfast setting, a place that is comfortable with an inviting atmosphere to enjoy your breakfast.

With the renovations to Bldg 742 and 552, the Zama Lodging staff is pleased to announce there is now free 24 hour internet capabilities in all guest rooms. Both building entrances were improved with the addition of handicap ramps, hallways were refinished and in-room bathrooms upgraded with a modern design and clean setting. For the comfort of your stay, new furniture was installed to include beds, desks, armoires, closets, carpeting, wallpaper, 26" flat screen televisions and DVD players. Free DVD rental is available at the front desk.

In January 2010, renovations to Bldg 550 (Washington Hall) adjacent to CZCC were completed. The renovation included the removal of the old heater / air conditioning coil units, installation of new carpeting, interior painting and new roofing.

While the Zama Lodging staff strives to improve services to our community and guests, we thank everyone for their patience during this two year major renovation to enhance our facilities for many years in the future. We look forward to your next stay with us at Zama Army Lodging, and know that you will be pleased with our upgraded facilities and services.

*Reservation Desk, 263-2775 • Front Desk, 263-3830*



# GING



*Lodging Manager*

...now completed.  
the renovation of  
Bldg 742, located  
...ion of an elevator.





# QBC

Army Community Service

## Quarters Beautification Competition



**MWR COMMERCIAL SPONSORSHIP** and the **Army Community Service Staff** appreciate the support of the **USA FEDERAL CREDIT UNION**, **RED BULL** and the **CAMP ZAMA EXCHANGE (AAFES)** for supporting this five month program for the benefit of our community members.

**AAFES**

  
**USA Federal**  
CREDIT UNION

**Red Bull**  


- Judging for the Quarters Beautification Competition (QBC) for June will be conducted during the period 1 - 11 June at the Zama, Depot and Sagami-hara Housing Areas.

- June is the second month of five consecutive months to determine those outstanding homes with an appealing, eye-catching exterior appearance and one that may get you recognized for a 1st, 2nd or 3rd place award.

- Awards will be presented on site in each of the three areas on 18 June.

- REMINDER: all winners throughout the May - September competition will also have another opportunity to be recognized. Prizes will be awarded to the OVERALL FIRST PLACE winner in each of the three areas on 8 October (location TBD).

- For additional information, please contact your community mayor or Army Community Service (ACS) at 263-8087.

*Camp Zama Community Club*

# \$10,000 BINGO!



• **THURSDAY • 24 JUNE • CZCC BALLROOM •**

Card Sale: 4:30 pm Early Bird Game: 6:45 pm Regular Game: 7 pm

\$50 BINGO PACKET FOR ALL GAMES! \$30 ADDITIONAL PACKET TICKETS AVAILABLE AT CASHIER'S WINDOW

## COME & PLAY!

- EARLY BIRD (SINGLE/DOUBLE) - \$100/150 • 10 REGULAR GAMES - \$125 EACH GAME
- TRIPLE BINGO - \$250 • TARGET BINGO - \$1,000
- U-PICK-EM - \$250 • 7 OR 11/COVERALL - \$200/\$300
- UP & DOWN JACKPOT - \$1,500

**SENIOR JACKPOT - \$5,000 COVER ALL BINGO GAME**

FOR MORE INFORMATION, PLEASE CALL 263-4547

C A M P Z A M A C O M M U N I T Y C L U B





“See the Bugle for the advertisement”.

**L**oan Closet.

Have you recently arrived at Camp Zama? Are you missing some of the "essentials" to help you and your Family get settled? Please consider ACS as a resource for assistance. Hours of operation are Monday, Wednesday and Friday, 1- 3 pm.

## ■ Army Community Service • 263-8327

### **MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-HELP (4357)**

Please phone 263-8089 to schedule your unit pre-deployment readiness training, reunion briefing, Family readiness group training, and unit rear detachment commanders (RDC) training. Free child care is provided by CDC during official FRG functions (advance coordination is required).

#### • *Pre-deployment and Operation R.E.A.D.Y. Training*

This training is designed to help all deploying Soldiers, DoD civilians, and their Families prepare for a


less stressful and more successful deployment held the 2nd Thursday of each month from 3 - 4 pm in the ACS Outreach Room.

#### • *Deployed Spouse Program, 263-HELP (4357)*

If your spouse is deployed, then ACS is looking for you! Please visit us to learn more about our Deployed Spouse Program and sign up for your membership card. This card will provide discounts throughout various MWR facilities.

### **AER/FINANCIAL/EMPLOYMENT, 263-HELP (4357)**

The ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance and personalized budget counseling plus a host of many other financial related programs. This program was created to enhance and maintain mission readiness and quality of life by providing Soldiers and their Family members a ready-made program to help achieve personal financial readiness through the use of sound money management. Units and FRGs may request classes; email gary.wertz@us.army.mil two weeks in advance minimum. For more



**Survivor Outreach Service**

Survivor Outreach Services (SOS) provides services that support the Families of Fallen Soldiers. SOS is designed to enhance services to these Families. The Support Coordinator serves as the long term support person for Survivors, conducting support groups, briefings to the community and leadership, life skill and supportive counseling. Financial counselors provide financial assistance, budgeting, investment education, retirement savings and estate planning for the surviving Family member to reach financial goals.

For more information, contact the SOS staff at 263-HELP(4357), ACS Bldg. 402

## **RELOCATION READINESS PROGRAM - 263-HELP**

**NEWCOMERS ORIENTATION PART I:** 16 June, 8 am - 4:30 pm, Camp Zama Community Club. Welcome by the Command Group and overview of different programs and services presented by various representatives. "Taste of Japan" luncheon provided at Camp Zama Community Club, left wing, sponsored by KDDI. The orientation is mandatory for military and civilian personnel. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

**NEWCOMERS ORIENTATION PART II:** 17 June, 8 - 11:30 am, Camp Zama Community Club. Continued overview of information and services including medical and dental. Attendance is mandatory for military and civilian personnel in order to receive a permanent SOFA status drivers license. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

### **EXPLORING JAPAN/SHOPPING ON THE ECONOMY**

17 June, 1 - 4:30 pm, gate 4. Join us as we practice how to travel by train and subway and shop off base. Children and Family members are welcome; bring about ¥900 per adult for transportation expenses and extra yen for shopping.

**LOAN CLOSET AVAILABLE:** Monday, Wednesday and Friday, 1 - 3 pm.

**BEGINNER'S JAPANESE CLASS:** Tuesdays 5:30 - 7 pm and 6:15 - 7:45 pm for pre-registered students.

**ADULT EVENING ENGLISH CLASS:** Wednesdays 5:30 - 7 pm. No pre-registration necessary.

**MWR COMMERCIAL SPONSORSHIP** and the **ACS STAFF** thank our sponsor, **KDDI**, for supporting the Newcomer's Orientation Program and the Zama community.

• For International Calls:  
99 + 001 + Country Code + Area Code + Phone No.





information, contact 263-5550

• **Scheduled Financial Classes:**  
(all classes are held 1:30 - 3:30 pm)

- \* Budget at ACS            Monday
- \* Banking at ACS           Tuesday
- \* Debt Management       Wednesday
- \* Investment TSP           Thursday

First Term Soldiers on their initial duty assignment shall complete all four classes during in-processing.

• **AER Emergency Leaves:** Primary funding for travel to a gateway city of service members and command sponsored Family members is handled by the Military Personnel Division. AER assists with travel from the gateway to and from the leave site.

### **EXCEPTIONAL FAMILY MEMBER PROGRAM, 263-HELP (4357)**

The Camp Zama Exceptional Family Member Program (EFMP) is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their



## **EMPLOYMENT READINESS**

Provides assistance with resume's and job search by appointment. The following classes are offered by the Employment Readiness Program on Friday afternoons, 1:30 - 3:30 pm, at ACS (pre-signup is required):

- 1st Friday: Resume and Cover Letters
- 2nd Friday: Interview Techniques and Dressing for Success
- 3rd Friday: Microsoft Office Applications.

POC: Gary R. Wetz, 263-5550. email: [gary.wertz@us.army.mil](mailto:gary.wertz@us.army.mil)

existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member, which ever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family Member must in-process with the EFMP Coordinator. Come out and network with other parents when you join the EFMP Parent Support Group which meets every 3rd Tuesday of each month at ACS, noon - 1 pm.

### **ARMYVOLUNTEER CORPS (AVC)**

Would you like to learn new skills, meet new people and explore new career fields? Would you like to make a difference? Then you may want to enter the exciting world of volunteerism. To become a Camp Zama volunteer, contact your Army Volunteer Corps Coordinator.

### **ARMY FAMILY TEAM BUILDING (AFTB) 263-HELP (4357)**

*The Key to your Army Journey and*

## **Family Advocacy Program, 263-HELP-4357**

*Department of the Army policy is to prevent spouse and child abuse, to protect those who are victims of abuse, to treat those affected by abuse, and ensure personnel are professionally trained to intervene in abuse cases. Since many incidents of abuse constitute violations of the law, DA policy also recognizes the commander's authority to take disciplinary or administrative action in appropriate cases. The Family Advocacy Program at Army Community Service provides a wide range of services that strengthens Families and enhances relationships. We believe that these services help support our Soldiers, their Families, and the Army mission. The Reporting Point of Contact (RPOC) for all suspected child or spouse abuse is the Military Police (MP) at 263-3002, 263-4782, 263-4853, or 090-9395-8909.*

#### • **Sexual Assault Prevention and Response Program (SAPRP)**

Sexual Assault Hotline from a DSN: 882# or 090-9395-8909. This is a commander's program designed to help prevent sexual assault through increased awareness and training, and to provide information and resources if sexual assault occurs. An individual who has been sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report, contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-HELP /4357 or your Unit Victim Advocate. To make an unrestricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-HELP /4357 or 090-9395-8909.

#### • **Victim Advocacy**

Victim Advocacy is a free service for all personnel in the military community. The victim advocate for Camp Zama is located in Building #402 with Army Community Service. Victims are encouraged to come and speak with a trained Victim Advocate and inquire about available services. The victim advocate works with those who have been a victim of domestic violence or sexual assault. Reports of Domestic Violence (DV) may be made on a restricted or unrestricted basis. To file a restricted report related to a domestic abuse incident, a victim may contact the USAG-J Victim Advocate at 882# or 090-9395-8909. A victim may also report to a health care provider or the Victim Advocate supervisor in order to access medical care or other supportive services including referral to service providers, advice, or safety planning. Information provided in a restricted report will not be disclosed to command or to law enforcement. For additional information about domestic violence restricted and unrestricted reporting, please contact Family Advocacy at 263-4782, 263-4853, or 090-9395-8909.

## Passport to Power!

Join us for our next AFTB Class! If you are a young Soldier SGT or below and need promotion points AFTB is a good source and a great tool that you will be able to use throughout your military career. Please call or email the program manager at 263-8087 or email wilda.tierney@us.army.mil.

## ARMY FAMILY ACTION PLAN (AFAP), 263-HELP (4357)

"AFAP is a year round process!"

To submit an AFAP issue, log onto <http://www.mwrjapan.pac.army.mil/> and "Submit an AFAP Community Idea/Concern". Issues can be submitted anonymously and will be sent directly to the AFAP Program Manager.

## INFORMATION AND REFERRAL, 263-HELP (4357)

I and R provides, maps and directions to the local area and for military installations throughout Japan, as well as resource information on public, private and voluntary agencies at Camp Zama and tourist

information for the local Japanese economy. Resource information can be accessed using CAC readers at <https://intranet.zama.army.mil>. After 4:30 pm and on weekends, maps and directions can also be found on [www.mwrjapan.army.mil](http://www.mwrjapan.army.mil) under "Army Community Service". Other services include: confidential client intakes, crisis intervention, referral to other programs and assistance for Japanese school registration and parent meetings.

• **Children's Japanese Language and Culture Class**

Every Monday, 10:30 am - noon


• **Adult English as a Second Language Class (ESL)**

Every Wednesday, 1 - 2:30 pm. All levels. No pre-registration required.

• **Adult Japanese Language Class**

Every Wednesday, 10 - 11 am, advanced class; 11 am - noon, beginner class. Taught by a native Japanese speaker.

ALL CLASSES ARE CANCELLED ON US HOLIDAYS



# NPSP

**New Parent Support Program- 263-4572.**

**The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.**

- **Play Morning** is an interactive play group for parents and children aged birth to 6 years. Held Tuesdays, 9:30 - 11 am at Zama Chapel, Bldg 502, and every 2nd, 3rd, and 4th Thursday, 9:30 - 11 am, at EDIS (Amin Elementary School).
- **Breast Feeding Support Group** is held 3 June, 9:30 - 10:30 am at ACS and 21 June, 9:30 - 10:30 am at SHA CDC.
- **Pre-Birth Classes** will be held at ACS on 3 and 10 June, 4:30 - 5:30 pm. The Classes will be taught by MEDDAC OB Nurse. Please register the day before the class with ACS at 263-4572.
- **Baby Bundles** information and supplies for new and expecting parents, and electric breast pumps are available by calling 263-4572 or stop by ACS Bldg 402.
- **NPSP Workshops:** "Toddler Growth and Development", is held 14 June, noon - 1 pm.
- **Baby Love Seminar "Baby Signs"** is held 8 June, 9:45 - 10:10 am, during Zama Chapel Play Morning. This workshop will be presented by Irish Overly from EDIS.

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**Guidance from the USAG-J Child Supervision Policy (September 2008)**

Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), developmental delay, behavioral problems, impulsivity, psychiatric problems or other impairments should not be given the degree of self-management / responsibility allowed in this policy.

**HOME ALONG?**

Birth - 5th grade: Never  
 6th - 8th grades: up to 4 hours with access to adult supervision, never overnight!  
 9th - 12th grades: Over 4 hours with access to adult supervision, never overnight!  
 Graduated: May be left overnight with access to a responsible adult.

**BABY SITTING?**

Birth - 5th grade: Never  
 6th - 7th grades: Siblings only! Up to 4 hours with access to adult supervision. Never overnight (2230-0530)! Red Cross Certification recommended.  
 8th - 12 grades: In the baby-sat child's home with Red Cross Certification. Never overnight!

**UNATTENDED IN VEHICLE?**

Birth - 5th grade: Never  
 6th - 10th grades: 15 minutes in a parked car with keys removed and handbrake applied.

**UNATTENDED OUTSIDE?**

Birth - 5 years: Never  
 1st - 5th grades: Less than 1 hour in sight or hearing distance of a parent or supervising adult.  
 6th - 7th grades: Up to 4 hours with access to adult supervision.  
 6th - 12 grades: May not loiter in the PX, Food Court or Shoppettes.

*\* Loitering is defined as standing around with no obvious purpose. Children/youths found loitering will be escorted to their quarters by the Military Police and parents will be notified of this policy violation.*

Children in K- 5th grades attending Japanese Schools must be escorted out of and into the gate unless picked up by bus.



“See the Bugle for the advertisement”.

**Y**ano Fitness Center is seeking individuals interested in contracting for the following services: massage therapist, aerobics, martial arts, fitness trainers, zumba, tai chi, yoga and other similar group exercises. For more information, call 263-3954/4042.

## ■ Sports, Fitness and Aquatics

263-3954 / 4664

### SPORTS, 263-3954

#### • Zama Book of Records

Every third Saturday of the month (19 June) at the Yano Fitness Center. All events have a female and male division. Events include: free-throws, 3-point shoot out, bench-press, swim fastest lap, 50 meter kick board, football throw (accuracy), volleyball serving (accuracy) and 40 yard dash. Call the Yano Fitness Center at 263-4664 for specific event times. It is fun; challenge yourself and enjoy fortune and fame as monthly winners are recognized on the Yano bulletin board. End of the year winners will

get a chance to win fabulous prizes, as well as notoriety as their record and picture will grace the glossy Zama Book of Records. "You too can become a living legend".

### AQUATICS, 263-3348

#### • Water Aerobics Days and Hours

Water Aerobics Classes: **(FREE)**

Mondays, Wednesdays, Fridays  
0900 - 1000

Water Aerobics Classes:

Tuesdays and Thursdays  
1730 - 1830

See flyer for specific details.

#### • Jacuzzi, Steam Room, Sauna

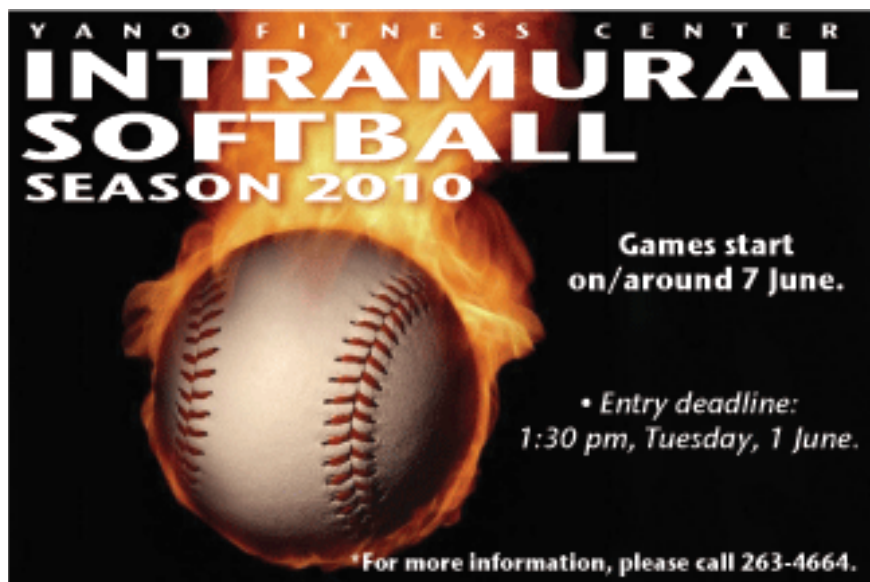
The Jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings, the Jacuzzi, sauna, and steam room are closed for maintenance from 0800 - 1200.

#### • Training Reservations for Swimming Pool

If you are considering utilizing Yano Pool for unit PT, water survival training, or any other structured training program, submit a "Pool Training Reservation Request" to the Front Desk at Yano Fitness Center. For reservations, submit the reservation request no less than 3 (three) weeks in advance. Forms can be e-mailed upon request.

#### • Age Policy for Swimming Pool

Children 12 years of age and below



YANO FITNESS CENTER  
**INTRAMURAL SOFTBALL**  
SEASON 2010

Games start on/around 7 June.

• Entry deadline:  
1:30 pm, Tuesday, 1 June.

\*For more information, please call 263-4664.



PERSON SOCCER  
TOURNAMENT

9 AM  
SATURDAY  
12 JUNE  
YANO  
SOCCER FIELD  
FREE EVENT

REGISTER BY  
5 PM  
THURSDAY  
10 JUNE.

\*FOR MORE INFORMATION, PLEASE CALL 263-4664.

MWR  
FOR ALL OF YOUR LIFE



are not permitted in the pool unless accompanied by and under the direct supervision of a parent or adult guardian. Children 13 and older have access to the pools without parental supervision. Exception: Children participating in special programs organized and conducted by Aquatics, CYS, the schools, or other authorized youth organizations may participate under designated adult supervision.

• **Solarium Reservations**

If you are considering a party in the Solarium, please submit a "Solarium Reservation Request" to the front desk at Yano Fitness Center. Forms are available at Yano Fitness Center. Forms can be e-mailed to you upon request.

**SERVICES AND CONTRACTORS (263-4664)**

• **Aerobics**

Instructor: Ayako Robinson  
Tuesday / Thursday: 1730 - 1830  
Cost: \$3.50 per class  
Instructor: Amy Bengel  
Mondays:  
Corebox: 1730 - 1830

**SHA POOL**  
**Outdoor Seasonal Pool**  
**Summer Opening and Closing Dates:**

<b>29 May - 13 June</b>	<b>1100 - 1800</b>	<b>Weekends only</b>
<b>16 June - 6 September</b>	<b>1100 - 1800</b>	<b>Normal Operations</b>
<b>Open</b>	<b>1100 - 1800</b>	<b>Wednesday - Sunday</b>
<b>Closed</b>		<b>Monday - Tuesday</b>

Power Yoga: 1830 - 1930  
Thursdays:  
Step and Sculpt: 1830 - 1930  
Cost: \$2.50

• **Martial Arts (Taekwondo Classes)**

\* Instructor: Kellie Williams  
Tuesday - Friday:  
Ages 4 - 6: 1700 - 1800  
Ages 7 - adults: 1800 - 1900  
Cost: \$45 per month  
\* Instructor: Kang Hyum Soon  
Monday - Thursday:  
Ages 4 to adult: 1730 - 1900  
Cost: \$56.20 per month (depending on yen rate).  
• **Tai Chi** (Chinese breathing exercise) and Kung Fu fitness (every

Monday at 1845).  
One session: \$6  
4 sessions: \$20

**NOTE:** All Taekwondo (for both instructors) participants 18 years of age and older pay at the Yano Fitness Center issue counter. All participants ages 17 and under pay at Parent Central Services, Bldg 533, or call 263-4125.

**SERVICES**

• **Massage Cancellation Policy:**  
Must be made 24 hours in advance from the time the original appointment was made. Please ensure to ask the staff for the information

Y A N O F I T N E S S C E N T E R & P O O L

**INDOOR**

**9 AM • SATURDAY • 5 JUNE**

**300 Meter Swim • 3 Mile Threadmill Run**



**BIATHLON**

- Competition for Commander's Cup.
- Registration deadline is 5 pm, Thursday, 3 June.
- Open to All (Camp Zama Community).

\*Must be 18 years old or older and not in high school.



• For more info, please call 263-4664.

regarding this policy.

• **Aqua Massage**

The Yano Fitness Center offers "Aqua Massage", \$5 for 15 minutes. You must be 18 years old or if 16 - 17 years old have written parental consent or a legal guardian present. For more information, call 263-4664/3954.

• **Shizuka's Massage Therapy**

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Days offered are Mondays, Fridays, and Saturdays. First appointment is 1030 and the last appointment is 1600. Call the front desk at 263-4664 for additional information. The cost is 30 minutes for \$30, 45 minutes for \$40 and 60 minutes for \$50. Payment must be made when making an appointment.

Must be 21 years old. For more information, call 263-4664.

• **Yukari's Soft-Chiropractic Massage**

Japanese "Physiotherapy with Yukari" is available on Fridays, 1730 - 2100 (first appointment at 1730 and the last appointment at 2000), and on Sundays, 1100 - 1800 (first appointment at 1100 and the last appointment at 1700). Call the front desk at 263-4664 for additional information. The cost is 30 minutes for \$35, 45 minutes for \$45 and 60 minutes for \$60 (you must be at least age 21).

**NOTICE:** The massage gift certificate is good for 90 days from the day of purchase. If you have a gift certificate and you are not sure of

the expiration date, please contact the front desk at 263-4664.

• **Tanning Booth**

The Yano Fitness Center has two tanning booths. Hours:

Monday - Friday:  
0530 - 2025

Weekends:  
0800 - 1630

Purchase a one session card for \$2.50, ten sessions for \$20, or twenty sessions for \$35 (you must be at least age 18).

**CLASSES**

• **Brazilian Jujitsu (FREE)**

\* Instructor: Henry Stasiukiewicz and Paul Everson

Monday and Wednesday,  
1645 - 1900  
(ages 18 and older)

**YANO FITNESS CENTER POOL**

# Learn-to-Swim

## Summer Program

Registration starts 2 June!

### June Session

**Monday ~ Friday**  
**21 June ~ 1 July**  
**Registration: 2~16 June**

8 ~ 8:50 am • Levels 5 & 6 (Safety)  
9 ~ 9:50 am • Levels 3 & 4  
10 ~ 10:50 am • Levels 1 & 2  
11 ~ 11:35 am • Parent & Child Aquatics (Levels 1 & 2)  
5 ~ 5:50 pm • Adult Beginner (Levels 1, 2 & 3)

### August Session

**Mon/Wed/Fri**  
**9 ~ 27 August**  
**Registration: 21 July ~ 4 August**

8 ~ 8:50 am • Levels 5 & 6 (Diving)  
9 ~ 9:50 am • Levels 3 & 4  
10 ~ 10:50 am • Levels 1 & 2  
11 ~ 11:35 am • PreSchool (Levels 1, 2 & 3)  
5 ~ 5:50 pm • Adult Beginner (Levels 1, 2 & 3)



### July Session

**Mon/Wed/Fri**  
**12 July ~ 30 July**  
**Registration: 23 June ~ 7 July**

8 ~ 8:50 am • Levels 5 & 6 (Fitness)  
9 ~ 9:50 am • Levels 3 & 4  
10 ~ 10:50 am • Levels 1 & 2  
11 ~ 11:35 am • PreSchool (Levels 1, 2 & 3)  
5 ~ 5:50 pm • Adult Advance (Levels 4, 5 & 6 F)

**\$40**

Per Person  
Per Session

Something for Everyone!

### Weekend Sessions

**#1** **Sat/Sun • No Class 3 July**  
**19 June ~ 17 July**  
**Registration: 2~16 June**

10:10 ~ 11 am - Adult Beginner (Levels 1, 2 & 3)  
11:10 ~ Noon - Adult Advanced (Levels 4, 5 & 6 F)  
2:15 ~ 2:50 pm - Preschool 1, 2 & 3 • 3 ~ 3:50 pm - Levels 1 & 2  
4 ~ 4:50 pm - Levels 3 & 4 • 5 ~ 5:50 pm - Levels 5 & 6 (Fitness)

**#2** **Sat/Sun • No Class 8 August**  
**25 July ~ 28 August**  
**Registration: 7~21 July**

10:10 ~ 11 am - Adult Beginner (Levels 1, 2 & 3)  
11:10 ~ Noon - Adult Advanced (Levels 4, 5 & 6 S)  
2:15 ~ 2:50 pm - Preschool 1, 2 & 3 • 3 ~ 3:50 pm - Levels 1 & 2  
4 ~ 4:50 pm - Levels 3 & 4 • 5 ~ 5:50 pm - Levels 5 & 6 (Safety)

\*For more information, please call 263-4664.



# FITNESS



## FOLLOWING FITNESS CLASSES ARE AVAILABLE:

### **Super Circuit Class (Free)**

Monday and Wednesday: 1200 - 1230  
Fridays: 1730 - 1800

### **Conditioning and Core Class**

Wednesday: 1845 - 1930

### **Unit Pt Training**

Tuesday: 0630 - 0730 (Please call the fitness coordinator four weeks in advance to reserve time slot and program request).

### **Pilates (NEW)**

Tuesdays: 0900

### **Other Fitness Classes:**

HIT and Core: 1730, Wednesday(s)  
TBC Yoga: 1200, Fridays

### **Program Consultations (Free)**

Limited days and times BY APPOINTMENT ONLY.  
For more information or appointment call  
263-4664 / 5656.

All fitness classes / services are subject to change.  
Please see the monthly flier for accurate times.

**\*Sign-up required before meeting - Fitness assessment and lifestyle questionnaire required.**

## Wednesday Night Back-to-Back Workouts

6:45 ~ 7:30 pm

**\*These programs  
are FREE!**

## HIT

High Intensity Training Program

The fundamental principles of High Intensity Training (HIT) are that exercise should be brief, infrequent, and intense. Exercises are performed with a high level of effort, or intensity, where it is thought that it will stimulate the body to produce an increase in muscular strength and size. Advocates of HIT believe that this method is superior for strength and size building than most other methods. As strength increases, HIT techniques will have the weight/resistance increased progressively where it thought that it will provide the muscles with adequate overload to stimulate further improvements. In HIT, it is known that there is an inverse relationship between how intensely and how long one can exercise.

## CORE Challenge

CORE Conditioning

Targets the "inner and outer unit" of muscles to strengthen and improve CORE stability. If you are looking to condition, strength, and gain knowledge of proper technique and recruitment of all core muscles, then join the class that targets all the muscles between the chest and the knees. The class begins and ends with stretching exercises to improve balance and flexibility.



## Friday Noon Back-to-Back Workouts

Noon ~ 12:30 pm

**\*These programs  
are FREE!**

## TBC

Total Body Conditioning

TBC is a unique exercise routine that will successfully improve fitness levels and body compositional changes in men & women of all ages. Combining aerobic exercising and circuit weight training, it's designed to work the entire body and movement while concentrating on core development and strength.

## YOGA

Yoga works on core strength while developing your range of motion and movement. Yoga will lengthen and help increase flexibility while strengthening the major muscle groups. Yoga helps develop sense of balance, flexibility, while working on breathing techniques that will help with stress management and targets the body as a whole. Yoga is a great way to increase lean muscle mass.



# N

## ■ Arts and Crafts • 263-4412

**NOTE: All classes require advance registration. Schedules are subject to change.**



### HOURS OF OPERATION

Monday - Tuesday: Closed  
 Wednesday - Friday: 1130 - 1930  
 Saturday - Sunday: 1000 - 1800

### CLASSES

- **Silk Screen Work Shop**  
\$15 for a class, includes one free t-shirt (appointment only).
- **Wood Shop Orientation for DA 3031.**  
Saturdays: 10 am, no fee.

### • Frame Shop Orientation

2nd and 4th Thursday, 6 pm, \$10 a class; supplies are not included.

Advance and refresher classes are conducted upon request, \$10 a class, supplies are not included.

### • Wash-Paper Craft Work shop

\$10 a class; supplies are available at the sales store (by appointment)

### • Tole Painting Class "American Folk Art"

Thursdays, 3 pm, \$20 for a class.

### • Ikebana (fresh flower arrangement class)

1st, 2nd and 3rd Thursday, 2 pm, \$20 for a class, plus ¥1,000 (flower fee).

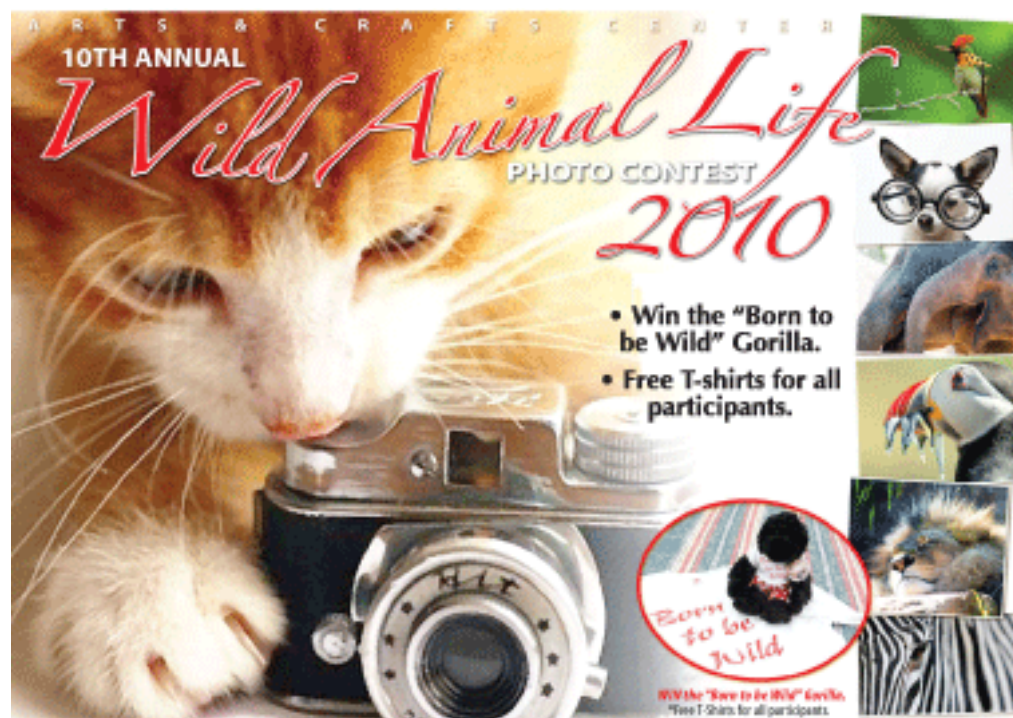
### • Shodo (Japanese calligraphy class),

### • Pottery Classes

\* Wednesday class: 4 - 6 pm, \$20 for a class, supplies are included.

### WANTED

Zama Arts and Crafts Center is now looking for instructors in the following areas: water color paint, Tole paint (acrylic paint), washi paper craft, digital photograph, pottery, balloon art, scrapbook, sawing and color pencil drawing.



• Exhibition will be 6 - 20 June at the Camp Zama Community Club (CZCC).

• 1st, 2nd, and 3rd place will be awarded.

• Awards presented at the 4th of July event (location TBD).



For more information, phone 263-4412



# ■ Community Activity Center • 263-3939/5712/8892

**If you are interested in teaching hula, jazz, piano and drum classes please stop by the Community Activity Center (263-8892) or call the Contracting Office at 263-4986.**

## CLASSES

### • Ballroom Dance

\* Beginner's Class (four classes per month, ¥3,000).

Thursday:

5:15 - 6:10 pm

\* Basic Class (four classes per month, ¥4,500):

Tuesday: 5:15 - 6:10 pm

The class is designed for students who have completed the beginners class, or students who have been attending the beginners class, or people who have experience and/or good physical ability for dancing.

• Intermediate Class (four classes per month, ¥6,000):

Tuesday: 6:20 - 7:15 pm

The class is designed for students who have completed the basic class, or students who have been attending the basic class, or people who have more than a few years of experience, skills and abilities for ballroom dancing.

• Piano Lesson (four classes a month, ¥7,000).

Monday - Friday.

• Violin Lesson (four classes a month, ¥7,000).

Tuesday or Thursday.

• Koto Lesson

Tuesday (four classes a month).

Adult: ¥8,000, Youth: ¥7,000

ATTENTION: The Music Theater Workshop will be closed for HVAC System constructions.

## NEW Ballet Classes



<b>Tuesday Classes</b>		
Youths Beginner (4 - 6)	\$40 (4 x 45 min class)	1730 - 1815
Intermediate	\$60 (4 x 90 min class)	1830 - 2000
<b>Wednesday Classes</b>		
Youths Beginner (7 - 12)		1715 - 1800
Beginner (13+)	\$60 (4 x 90 min class)	1815 - 1945
<b>Friday Classes</b>		
Youths Beginner	\$40 (4 x 45 min class)	1600 - 1645
Advance	\$60 (4 x 90 min class)	1715 - 1800
		1815 - 1945

# ■ Community Libraries • 263-3517

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

## NEW MCNAUGHTON BOOKS

• America's Prophet

by Feiler, Bruce S.

• Horns by Hill, Joe

• House Rules by Picouit, Jodi (Best Seller)

• Immortal Life of Henrietta Lacks by Skloot, Rebecca (Best Seller)

• Midnight House by Berenson, Alex

• No Apology by Romney, Mitt (Best Seller)

• Payback Time by Town, Phil (Best Seller)

• Postmistress by Blake, Sarah

• So Long, Insecurity by Moore, Beth

• Three Weissmanns of Westport by Schine, Cathleen

## NEW CRITERION COLLECTION BLU-RAY DVDS

• American Gangster

• Black Dynamite

• Capitalism: A Love Story

• It Might Get Loud (Jimmy Page & The Edge)

• The Men Who Stare at Goats

• The Princess and the Frog

• Sherlock Holmes

• Tokyo!

• Toy Story

• Toy Story 2

• Twilight Saga

• Yojimbo and Sanjuro

COMMUNITY LIBRARIES

## Voyage to Book Island

SUMMER READING PROGRAM

**1 June ~ 6 August**

**Registration begins 1 June!**  
(Zama & SHA Libraries)

\* Open to all children  
ages 17 and under.

**Awards & Party**

10 am • Thursday • 12 August  
Children's Room • Zama Library

\*For more info, please call 263-3517.



# A

Harley Davidson items are on sale!! Stop by the Auto Skills Center and see what we have!!



## ■ Automotive Skills Center • 263-3615

### HOURS OF OPERATION:

Monday and Tuesday: CLOSED  
Wednesday - Friday:  
1130 - 2000  
Saturday and Sunday:  
0930 - 1800

### PLEASE NOTE:

• All work areas must be clean and checked-out tools turned in by close of business.

### SAFETY ORIENTATION

DA-3031-1 Qualifications Card to use the automotive skills center is

issued after a safety orientation given every day 15 minutes after opening and whenever time is available. This briefing is required before facility use and takes about 45 minutes.

### SERVICES OFFERED BY THE AUTO SKILLS CENTER

#### • Engine Flush and Fuel System Cleaning

We offer a service of internal engine cleaning and fuel line cleaning for most vehicles and each service is only \$59.95. Engine flush requires the customer to purchase oil and an oil filter. Appointments must be made for both services.

#### • Used Vehicle Courtesy Inspection

The Auto Skills Center offers a 20-point courtesy inspection for Soldiers and eligible personnel who are considering the purchase or resale of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying or selling. We do not make recommendations or give guarantees. Inspections are done by appointments only. The courtesy inspection does not take the place of the JCI.

## ZAMA Auto Craft

### TOWING SERVICE AND ROADSIDE ASSISTANCE

We offer a towing service and roadside assistance Wednesday through Sunday during open hours of the Auto Skills Center hours of operation.

Sorry but we are not a 24 hour emergency service. For all emergencies please call the TRAFFIC SECTION at 263-3002.

**CLASSES START AT 5:30 PM**

- How to look at used tires: 3 and 17 June
- How to rotate your tires properly: 10 and 24 June

NOTE: Final day of sign up is one day prior to the class. Participants are responsible for all materials and or supplies for the class. For sign up information, please stop by or call 263-3615.

Camp Zama Automotive Skills Center

# CLASSES

## USED PARTS FOR SALE

- Chrome "Lorinser 19" rims \$1,000 (or best offer)
- 6 X 9 speaker - - - \$30 pair
- 6 1/2 speaker - - - \$15 pair
- Safety flares - - - \$2
- CD player, stateside tune Starting at \$35 ea

We also have used tires; just stop by with your car and see if they are on the rack.

### Limited online parts ordering service

Stop by the Auto Skills Center for more information to find the best price for your vehicle.



## ■ Leisure Travel Services • 263-4671

### TOURS AND EVENTS

- **Oze Hike**

Saturday, 5 June, 3 am - 8:30 pm

- **Fuji Area Excursion**

Saturday, 5 June, 7 am - 6:30 pm

- **D1 Grand Prix**

Sunday, 6 June, 7 am - 7:30 pm

- **Flea Market at Oikeiba**

Sunday, 6 June, 8:30 am - 5 pm

- **Deep Sea Fishing - Akamutsu**  
(Japanese Sea Perch)

Saturday, 12 June, 5 am - 5:30 pm

- **Mt. Oyama Hiking**

Saturday, 12 June,  
7:30 am - 5:30 pm

- **IKEA Shopping**

Sunday, 13 June, 9:30 am - 5:30 pm

- **Base Ball (Seibu Lions vs Hiroshima Carp)**

Sunday, 13 June, 10 am - 7:00 pm

- **Nikko Edo Mura**

Saturday, 19 June, 6 am - 7:30 pm

- **Surfing Class**

Saturday, 19 June, 7 am - 4 pm

- **Tokyo Summerland**

Saturday, 19 June, 8 am - 6 pm

- **Ice Cream Factory and Cherry Picking**

Sunday, 20 June, 6 am - 8 pm

- **Segway Tour**

Sunday, 20 June, 8:30 am - 6 pm

- **Gunma Factory Tour**

Saturday, 26 June, 6 am - 8 pm

- **White Sand Ski and Beach**

Saturday, 26 June, 6:30 am - 7:30 pm

- **Hakone Yunnesan**

Sunday, 27 June, 8 am - 6 pm

- **Hello Kitty Land**

Sunday, 27 June, 9 am - 6 pm

- **Luna Reglo**

Thursday, 1 July, 3:30 - 11 pm

## ■ Chapel Activities • 263-4898

### CATHOLIC SERVICES

**Mondays - Fridays**, noon, daily Mass, Blessed Sacrament, Chapel

**Sundays**, 9 am, Mass, Zama Chapel.

**Sundays**, 9:15 am, Children's Liturgy of the Word. Blessed Sacrament Chapel.

**1st Friday**, 6 pm, MCCW meeting, Zama Chapel

### PROTESTANT SERVICES

**Sundays**, 11 am, Worship Service, Zama Chapel.

**Sundays**, 6:30 - 7:30 pm, Youth Group (7 - 12 grades).

(A nursery is provided for children up to 36 months at Zama CDC, Bldg 502, during the time of Sunday services only).

**Wednesday**, Praise Team Rehearsal, Zama Chapel

### SAGAMIHARA PROTESTANT INSPIRATIONAL SERVICES

**Sundays**, 9:30 am, Sunday School, Sagami-hara Chapel.

**Sundays**, 11 am, Worship Service, Sagami-hara Chapel.

(Nursery services are provided for children up to kindergarten at the Sagami-hara Chapel during the time of Sunday services).

**Wednesdays**, 6:30 pm, Bible Study, Sagami-hara Chapel.

### JEWISH SERVICES

For information about Jewish services, events, and activities, please contact Duncan Adams at 263-2754 or write to duncan.adams@us.army.mil.

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

**Mondays - Fridays**, 6:30 - 7:30 am, LDS Youth Seminary (August - June), Sagami-hara Chapel.

**Tuesdays**, 7 pm, Tuesday Night Youth Activity, 7 pm, Sagami-hara Chapel.

If you would like to attend Sunday Services please call Richard Smith, 046-234-9490, Brian Howard at 263-7419, or Doug Moore at 267-6472.

### BUDDHIST SERVICES

(Soka Gakkai International - U.S.)

**Mondays and Fridays**, 7 pm, discussion, Sagami-hara Chapel. Contact Mr. or Mrs. Fulford at 046-257-0613 or at forris@forrisfulford.com.

### SEVENTH DAY ADVENTIST SERVICES

Second Saturdays (Sabbaths), 9:30 am Sabbath School, 11 am Divine Worship, Zama Chapel. Contact Mr. Tom Johnson at 263-3520 or tom.

johnson3@us.army.mil for more information.

### ONGOING BIBLE STUDIES

**Tuesday**, 6:30 pm, Bible Study, "The Book of Hebrews", Zama Chapel Fellowship Room.

**Thursdays**, 9:30 am, PWOC (Protestant Women of the Chapel) Bible Study, Zama Chapel, Molly Lang at 263-7161.

**Thursdays**, 6:30, Bible Study, "The Mind of Christ", Zama Chapel Fellowship Hall.

**Fridays**, 12 noon, Korean Bible Study, Zama Chapel, the POC is Misha Triggs at 267-6531.

For more information, please call the chapel at 263-4898.

### JUNE SEASONAL ACTIVITIES

**Friday**, 18 June, 7:30 am, Spiritual Orientation Tour to Kamakura.

The Garrison religious support programs offer many other religious based opportunities for you and your Family: (Bible studies, youth groups, men's groups, women's groups, music ministries, etc). If you desire more information, please call the Garrison Chaplain's office at 263-4898. The Garrison Chaplain's Office only advertises those religious activities under its auspices.

# ■ Directory of DMWR Facilities & Additional Activities

DIRECTORATE OF MORALE, WELFARE AND RECREATION 263-7611/3690

## Army Community Services Branch

■ **Army Community Services** 263-4357  
Mon - Wed 0730-1630  
Thu 1300-1630  
Fri 0730-1630  
US Holidays Closed

## ZAMA Golf Club

■ **DIRECTOR OF GOLF** 263-3694  
**ADMINISTRATIVE OFFICE**

263-4966  
(All the following golf activities are open during lunch).

**Course/Starter** 263-4975  
Mon-Fri 0700-1700  
Weekends & US / Japanese Holidays 0600-1700

**Restaurant** 263-7665  
Mon, Tue, Thu, Fri 0630-1900  
Wed 0630-1900  
Weekends & US / Japanese Holidays 0530-1900

**Pro Shop** 263-5284  
Mon-Fri 0645-1700  
Weekends & US / Japanese Holidays 0545-1700

**Driving Range (Unattended)**  
Mon - Fri Sunrise-2200  
Saturday Sunrise-1930  
Sun 1600-2200

**Chip Inn & Snack Stand** 263-5834  
Mon-Fri 0800-1600  
Weekends & Hol. 0700-1500

## Business Division

■ **ADMINISTRATIVE OFFICE** 263-7935

■ **BOWLING CENTER ZAMA** 263-4780  
Mon-Wed, Sat-Sun 1100-2200  
Thu & Fri 1100-2230  
Holidays Closed

■ **BOWLING CENTER DEPOT** 268-4954/4606  
Tue - Sat 1100-2000  
Sun - Mon Closed

■ **ZAMA COMMUNITY CLUB**  
■ **ADMINISTRATIVE OFFICE** 263-4133

**Lunch**  
Tue-Fri 1045-1315  
Sunday Brunch 1000-1330

**Cashier** 263-4547  
Sun-Thu 1000-2300  
Fri 1000-0230  
Sat 1000-0200

**Catering** 263-4204  
Tue, Thu & Fri 0930-1730  
Wed (Appts Only)

**Café Roberto**  
Sun, Tue & Wed 1100-2300  
Thu 1100-2200  
Fri & Sat 1100-2300  
No food service after 2200 hours

**Cornerstone Game Room (no bar)**  
Tue-Thu & Sun 1000-2300  
Fri 1000-0300  
Sat 1000-0230

**Firelite Lounge**  
Sun-Tue & Wed Closed  
Thu Closed  
Fri 1800-0300  
Sat 1900-0230

**USA Dining Room**  
Tue, Thu & Sun 1700-2100  
Wed Closed  
Fri-Sat 1700-2200

■ **HOB NOB INN** 267-6097  
**Lounge & Game Room**  
Sun, Mon, Tue Closed  
Wed 1630 - 2300

Thu 1630 - 2100  
Fri 1630 - 0100  
Sat 1900 - 0100

■ **SAGAMI LOUNGE** 268-4954  
**Take Out** 268-4142  
**Lunch (Mon-Fri)** 1100-1300  
**Dinner (Tue-Sat)** 1700-2000  
**Lounge/Game Room**  
Tue-Thu 1100-2200  
Fri 1100-2400  
Sat 1630-2300  
Open during lunch

## Recreation Division

■ **CHIEF RECREATION OFFICE** 263-3479  
■ **ADMINISTRATIVE OFFICE** 263-5614  
■ **ARTS & CRAFTS CENTER** 263-4412

Mon-Tue Closed  
Wed-Fri 1130-1930  
Sat & Sun 1000-1800

■ **AUTOMOTIVE SKILLS CENTER** 263-3615  
Mon-Tue Closed  
Wed-Fri 1130-2000  
Sat-Sun 0930-1800

■ **COMMUNITY ACTIVITY CENTER** 263-3939  
Mon-Fri 0800-2100  
Sat, Sun & Hol Closed  
Open during lunch

■ **INTERNATIONAL TOURS** 263-5273  
Mon-Fri 1000-1800  
Open during lunch

■ **LIBRARY** 263-3517  
**Zama**  
Mon-Thu 1000-2030  
Fri- Sun 1000-1800  
Open during lunch  
U.S. Holidays Closed

**Sagamihara** 267-6603  
Tue-Thu 1000-1900  
Fri-Sat 0900-1800  
Sun, Mon & Hol Closed  
Closed for lunch 1400-1500

■ **OUTDOOR RECREATION** 263-4671  
US Holidays Closed  
**Vehicle/Equipment Rental & Leisure Travel Services**  
Mon-Fri 0900-1730  
Sat-Sun 0800-1600  
Open during lunch

**Animal Boarding Kennels** 263-5915  
Mon-Fri 1000-1700  
Sat-Sun 1000-1600  
Closed for lunch 1230-1330

**Hardy Barracks Lodging** 229-3270  
**Kure Lodging** 256-2580  
■ **POOLS** 263-3348  
**YANO** 263-5037

Mon-Fri 0600-1900  
Sat-Sun, Holidays 1000-1800  
**SHA (Summer)** 263-5656/267-6122  
Wed - Sat 1030-1800  
Sun 1200-1800  
Mon, Tue Closed

**DEPOT (Closed)**  
■ **SPORTS/FITNESS CENTER** 263-4664  
**Zama** 263-3954

Mon-Fri 0530-2100  
Sat-Sun, Holidays 1000-1800  
**Sagamihara** 263-3954/267-6762  
Mon-Sun Open 24 hrs  
**Depot** 268-4729  
Mon-Sun, Holidays 0930-1830

## Support Services Division

■ **DIRECTOR** 263-4273  
■ **ADMINISTRATIVE OFFICE**

## Child, Youth & School Service Division

■ **CHILD, Y&SS COORDINATOR** 263-8086  
(All the following CDC facilities are open during lunch.)

**Parent Central Services** 263-4125  
263-4743

Mon-Wed 0800-1700  
Thu 1000-1700  
Fri 0800-1700

**Family Child Care** 263-4743  
263-4125

**Sagamihara CDC** 267-6564  
Mon-Fri 0530-1800

**Zama CDC** 263-4992  
Mon-Fri 0530-1800

■ **YOUTH SERVICES** 263-4500  
**Zama Youth Center**

Mon-Thu 1430-2000  
Fri 1430-2200  
Sat 1300-2200  
Sun Closed

**School Age Services (SHA)** 267-6317  
Mon-Fri 0630-1800

**Youth Sports** 263-5437  
Mon-Sat 0900-1800  
Open during lunch

**School Liaison Office** 263-3241

## Zama Lodging

■ **ADMINISTRATIVE OFFICE** 263-3293  
**Reservation Desk** 263-2775  
**Front Desk** 263-3830  
Open 24 hours/7 days a week

## USAG-J Okinawa MWR

■ **MWR OFFICE** 644-5396  
■ **ADMINISTRATIVE OFFICE** 644-4270

■ **ARMY COMMUNITY SERVICE**  
Director 644-4110  
Relocation Coordinator 644-4385  
Mob-Dep/IVC 644-4116  
Financial Readiness/AER 644-4378  
Family Advocacy Program 644-5919  
Victim Advocate/SARC 644-4908  
AFTB/AFAP Program 644-4743  
EFMP Program 644-4106  
ACS FAX 644-5918  
School Liaison Office 644-4703

■ **ARTS & CRAFT CENTER** 644-4303  
Lobby 644-4706

■ **AUTOMOTIVE SKILLS CENTER** 644-5612  
■ **CORAL COVE COMMUNITY CLUB**

Business Manager 644-4256  
Lounge 644-4306  
Cashier Cage 644-4426

■ **LIBRARY** 644-4468  
Staff Room 644-5335

■ **MARKETING**  
Commercial Sponsorship 644-4495  
Graphic/Illustration 644-4665

■ **SPORTS / FITNESS**  
Sports / Fitness 644-4334  
Aquatics 644-4389

■ **OUTDOOR RECREATION**  
Scuba Locker 644-4795  
Retail Sales 644-4290  
Equipment Issue 644-4263  
Beach Rental Office 644-4659  
Cabin Reservation 644-4659  
011-81-611-744-4659

## Kure Harbor Club

■ **MWR Office** 256-2580  
256-2581  
0800-1630

■ **Outdoor Recreation** 256-2575  
0900/1700

■ **Dining Room**  
Mon-Fri (Breakfast) 0700-0830  
Mon-Fri (Lunch) 1130-1300  
Tue-Sat (Dinner) 1630-2000

■ **Bar** Mon 1630-2000  
Tue-Sat 1630-2200

■ **PX / CLASS 6**  
Mon-Fri 0900-1730  
Sat 1130-1530



# Your Travel Concierge!

# Zama ITT

## PLAN YOUR SUMMER TRAVEL!

Our goal is to help you to find your perfect hassle free vacation!

We are your one-stop, on-base agency to meet all your travel needs.

- Airline Tickets
- Train Reservations
- Narita Commercial Bus Reservations
- Tour Packages
- Hotel Reservations
- Rent-A-Car Reservations
- Bring Your Family To Visit You
- Visa Processing
- Much More!

**CALL ZAMA ITT OR CHECK OUR WEBSITE FOR MORE INFORMATION.**



- Military PHONE 263-5273/4059
- Military FAX 263-7507
- E-Mail [travel@zamaitt.com](mailto:travel@zamaitt.com)

- Commercial PHONE (046) 254-8896
- Commercial FAX (046) 255-0356
- Website: <http://zamaitt.com>



## 2 Person Best Ball

### TOURNAMENT

**SATURDAY, 12 JUNE, ZAMA GOLF CLUB**  
TEE TIMES STARTING AT 6 AM.



**PAYOUT AS FOLLOWS (ASSUMING A FULL FIELD)**

**1ST PLACE \$100, 2ND PLACE \$75, 3RD PLACE \$40, 4TH PLACE \$25**

-THIS IS A ONE DAY TEAM EVENT WITH A \$20 FEE PER PERSON (DOES NOT INCLUDE LUNCH OR CARTS)

-OPEN TO THE FIRST 72 PLAYERS TO SIGN UP

-CURRENT USGA HANDICAPS ARE REQUIRED (HANDICAPS AS OF JUNE 1ST WILL BE USED)

-THE FIELD WILL BE DIVIDED INTO FLIGHTS OF 12 BASED ON USGA HANDICAP INDEX

-GIFT CERTIFICATES WILL BE AWARDED TO THE TOP 4 NET FINISHERS IN EACH FLIGHT

-DEADLINE FOR APPLICATION IS TUESDAY, 8 JUNE, 5:30 PM.

CONTACT DALE JORGENSEN, DIRECTOR OF GOLF AT 263-3694, EMAIL [DALE.JORGENSEN@ZAMA.ARMY.MIL](mailto:DALE.JORGENSEN@ZAMA.ARMY.MIL)



## FATHER'S DAY BRUNCH MENU

### Carving Station

Roasted Beef Top Round w/ Au jus  
Maple & Honey Glazed Ham w/ Pineapple Sauce

### Omelet Station

Your Favorite Omelet Cooked To Order

### Soup

Chicken Sausage Gumbo Soup

### Breakfast Entrée

Bacon  
Sausage  
Hashed Brown Potatoes  
Eggs Benedict  
French Toast & Maple Syrup  
Grits

### Entrée

Beef Bourguignone  
Fish & Chips w/ Tartar Sauce  
Broiled Salmon on Sautéed Spinach w/ Sauce Barbara  
Chicken Parmesan w/ Alfredo Sauce & Tomato Sauce  
Linguine Pasta  
Shrimp Pilaf  
Mashed Potatoes w/ Gravy  
Rice  
Green Beans Almond  
Oven Brown Potatoes  
Assorted Bread  
Fruit and Salad Bar  
Chef's Selection of Delicious Desserts



# Father's Day Buffet

**SUNDAY, JUNE 20, 10:30 AM-2:30 PM, CZCC BALLROOM**

Adults \$16.95 Youths 4-12 Years Old \$9.95 Youths 3 And Under: FREE

\*Tickets are \$2 more at the door \*Available at CZCC Cashier's Window

**FOR MORE INFORMATION, PLEASE CALL 263-4547**

C A M P Z A M A C O M M U N I T Y C L U B

